

Selfhelp Austin Street Older Adult Center 106-06 Queens Boulevard, Forest Hills, NY 11375 Tel: 718-520-8197
Monthly Menu: MAY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center">TREATS</p> <p>Tue: 5/7 – B & W Cookie Fri: 5/10 - Mother's Day Cake Thu: 5/16 – Almond Cookie Thu – 5/23 – Birthday Cake Thu – 5/30 – Cup Cake.</p>		<p>1</p> <p>Frozen No-Passover Meal Meat Sauce/with Pasta Blended Vegetables Whole Wheat Bread Milk & Orange</p>	<p>2</p> <p>Stuffed Cabbage Barley Green Beans Whole Wheat Bread Pear & Milk Alternate: Sliced Turkey</p>	<p>3</p> <p>Baked Chicken California Blend Vegetables Rice-A-Roni Challah Bread Applesauce & Milk Alternate: Egg Salad</p>
<p>6</p> <p>Shepherd's Pie w/ Turkey Garden Salad Whole Wheat Bread Apple & Milk Alternate: Tuna Salad</p>	<p>7</p> <p>Aromatic Lentil Stew w/ Carrots & Turnips Braised Red Cabbage Brown Rice; Whole Wheat Bread Orange & Milk Alternate: TBD</p>	<p>8</p> <p>Beef Pot Roast Broccoli Kugel (Pre-prepared) Sweet Potatoes Whole Wheat Bread Kiwis (2) & Milk Alternate: TBD</p>	<p>9</p> <p>Baked Salmon/ Dill Lemon Sauce Creamy Spinach (Dairy-free) Roasted Butternut Squash Whole Wheat Bread Pear & Milk Alternate: Sliced Turkey</p>	<p>10</p> <p>Hawaiian Chicken Steamed Carrots Roasted Sliced Red Potatoes Challah Bread Applesauce & Milk Alternate: Egg Salad</p>
<p>13</p> <p>Breaded Pollack Roasted Beets White Rice Whole Wheat Bread Apple & Milk Alternate: Sliced Turkey</p>	<p>14</p> <p>Shepherd's Pie w/ Turkey Garden Salad Whole Wheat Bread Orange & Milk Alternate: Tuna Salad</p>	<p>15</p> <p>Stuffed Cabbage w/ Beef Vegetable Ratatouille Kasha Varnishkes Whole Wheat Bread Kiwis (2) & Milk Alternate: TBD</p>	<p>16</p> <p>Curry Chickpea Stew (Pre-prep'd) Steamed Green Beans Brown Rice; Whole Wheat Bread Pear & Milk Alternate: TBD *Almond Cookie</p>	<p>17</p> <p>Roasted Chicken Carrot Tzimmes Potato Kugel Challah Bread Applesauce & Milk Alternate: Egg Salad</p>
<p>20</p> <p>Shepherd's Pie w/ Turkey Garden Salad Whole Wheat Bread Apple & Milk Alternate: TBD</p>	<p>21</p> <p>Chicken Spaghetti Casserole Tossed Salad w/ Dressing Whole Wheat Bread Orange & Milk Alternate: Tuna Salad</p>	<p>22</p> <p>Baked Salmon w/ Dill Lemon Sauce Zucchini Provencal Rice A Roni Whole Wheat Bread Kiwis (2) & Milk Alternate: Sliced Turkey</p>	<p>23</p> <p>Meaty Vegetarian Moussaka Tossed Salad w/ Dressing Fusilli Pasta w/ Parsley Whole Wheat Bread Pear & Milk Alternate: TBD *Birthday Cake</p>	<p>24</p> <p>Roasted Chicken Vegetable Mix (Non-starchy) Sweet Noodle Kugel Challah Bread Applesauce & Milk Alternate: Tuna Salad</p>
<p>27</p> <p align="center">CENTER CLOSED FOR MEMORIAL DAY</p>	<p>28</p> <p>Chinese Style Pepper Steak Asian Blended Vegetables White Rice Whole Wheat Bread Orange & Milk Alternate: TBD</p>	<p>29</p> <p>Salmon Cakes w/ Dill Lemon Sauce Vegetable Ratatouille Roasted Butternut Squash Whole Wheat Bread Nectarine & Milk Alternate: Sliced Turkey</p>	<p>30</p> <p>Whole Wheat Bean Burrito Tossed Salad w/ Dressing Rice and Beans Plums (2) & Milk Alternate: TBD</p>	<p>31</p> <p>Roasted Chicken Sauted Green Beans w/ Onions Roasted Sweet Potato Slices Challah Bread Applesauce & Milk Alternate: Tuna Salad</p>

Strictly GLATT KOSHER. Milk served on the way out. Menu can change without prior notice. Funded in part by NYC Department for the Aging.

Calendar of Activities: MAY 2024

The Center will be closed on Monday, 5/27. On the preceding Friday, 5/24, the Center will close at 1:45 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30- 12:00 (M4) Ping Pong	8:30- 9:30 (M4) Ping Pong	8:30- 9:45 (M4) Ping Pong	8:30- 12:00 (M4) Ping Pong	8:30- 10:45 (M4) Ping Pong
8:30- 12:00 (Computer Lab)	8:30- 12:00 (Computer Lab)	8:30- 12:00 (M3) Leisure Games	8:30- 12:00 (Computer Lab)	8:30- 12:00 (Computer Lab)
8:30- 11:00 (M3) Leisure Games	10:00- 12:00 (M4) Oil Painting	9:30- 11:00 (Ballroom) Chinese Culture Club Dancing	10:30- 12:00 (M2) English for Chinese	11:00- 12:00 (M4) Bingo
11:00- 12:00 (M3) Current Events	10:45- 12:15 (M3) Blood Pressure Screening (Except on May 7 th & 21 st)	10:00- 11:00 (Computer Lab) Today's Technology	10:45- 12:15 (M3) Blood Pressure Screening	Workshop: Kim Lerner – 5/10 Topic: Low Income Subsidy 11:15 a.m. – Crystal Room
11:00- 12:00 (Ballroom) Staywell Exercise	11:00- 12:00 (M2) Interesting & Informative Discussion	11:00- 12:00 (Computer Lab) Surfing the Internet		
		10:00- 12:00 (M4) Chinese Culture Group Singing		
		Workshop - Nutrition Education: Amelia: 5/8 – 11:15 a.m.		
12:30- 3:45 (M4) Ping Pong	12:30- 3:00 (M4) Drawing	12:30- 3:45 (M4) Ping Pong	12:30- 3:45 (M4) Ping Pong	1:00- 3:45 (M4) Ping Pong
12:30- 3:00 (M3) Leisure Games	1:00- 3:30 (Computer Lab)	12:30- 3:30 (M3) Leisure Games	1:00- 3:30 (Computer Lab)	1:00- 3:30 (Computer Lab)
1:00- 2:00 (Computer Lab) Technology Assistance	1:00- 3:45 (M3) Arts & Crafts (Jewelry)	1:00- 3:30 (Computer Lab)	1:00- 3:45 (M2) Arts & Crafts (Needlepoint)	Entertainment (1:15-2:15 pm, Crystal Room) *5/3 Russell Targrove *5/10 Juan Ortega *5/17 Tony Gapp *5/24 (Early Closure - No Entertainment) *5/31 Windbreakers
1:30- 2:30 (Crystal Room) Zumba Gold	1:00- 2:00 (M2) Drama Group	1:30- 2:30 (Ballroom) Yoga	1:30- 2:30 (Crystal Room) Line Dancing	
2:00- 3:30 (Computer Lab)	1:30- 2:30 (Crystal Room) Tai Chi for Arthritis	2:30- 3:30 (Crystal Room) Tai Chi for Arthritis	Workshop: FDNY – 5/23 Topic: Fire Safety 11:15 a.m. – Crystal Room	
3:00- 3:45 (M3) Leisure Games				

Funded in part by NYC Department for the Aging. Schedule can change without prior notice. **SU CASA ARTS TO BEGIN – STAY TUNED**